

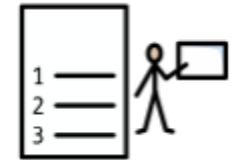


Ysgol Maes Y Coed

Health and Wellbeing Policy

The Health and Well-Being of our learners is of paramount importance at Ysgol Maes Y Coed. We promote positive mental health and well-being for our whole school community; pupils, staff, parents and carers, and recognise how important mental health and emotional well-being is to our lives in just the same way as physical health. At Ysgol Maes Y Coed we recognise that children's holistic health is a crucial factor in their overall wellbeing and can affect their learning and achievement.

The Health and Wellbeing Policy has been developed to promote a holistic approach to education, health and wellbeing for learners their families, our staff and the wider community. We provide opportunities to enable us to reach to our full potential academically, socially, morally and personally.

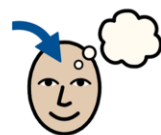


Curriculum Health and Wellbeing AOLE

At Ysgol Maes y Coed the four purposes, as set out in Curriculum for Wales are the starting point and aspiration for our curriculum design. The aims of our curriculum are for our learners to become:

- Ambitious, capable learners, ready to learn throughout their lives.
- Enterprising, creative contributors, ready to play a full part in life and work.
- Ethical, informed citizens of Wales and the world.
- Healthy, confident individuals, ready to lead fulfilling lives as valued members of society.

Curriculum for Wales has acknowledged the importance of Health and Wellbeing in its holistic form and has recognised the influence it has on our learners and has made it an Area of Learning and Experience (AoLEs) giving it equal weighting



Learning



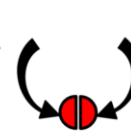
Together



Growing



Together



Making



a Difference

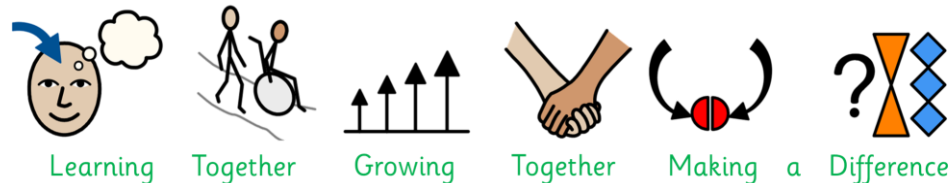


with the other AoLEs. The fundamental components of this Area are physical health and development, mental health, and emotional and social well-being. What matters in this Area has been expressed in five statements which support and complement one another and should not be viewed in isolation. Together they contribute to realising the four purposes of the curriculum.

The Health and wellbeing Area of Learning and Experience in Ysgol Maes y Coed is a holistic approach, supporting learners to make sense of life's opportunities and challenges.

Close working relationships developed with outside agencies such as Physiotherapists and Occupational Therapists enhance the quality of life of our learners through regular, planned and targeted interventions. Learners will develop their emotional literacy by learning how to understand and communicate their feelings supported by Zones of Regulation. Learners will be supported to develop self-regulation strategies, learning who and how to ask for help when needed. They will develop their awareness and understanding of other people's feelings. From this they will develop an understanding of how their behaviour can impact other peoples' emotions. Learners will develop an understanding that their actions can impact on themselves and others and will be encouraged to show kindness to others. Positive relationships modelled and developed with staff will in turn encourage learners to develop friendships with their peers.

Learners will develop communication skills and learn to actively use their voices to make informed choices and decisions, developing understanding of how decisions and actions impact on themselves, on others and on wider society, both now and in the future. They will contribute to whole school, class rules and decision making about the school by being active members of the school community. Learners will be represented on the school council by one member or their class whom they have voted to be their voice.





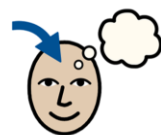
Senior leaders are responsible for maintaining an overview of the whole curriculum. Strategies for this include discussion with teachers, lesson observations, celebrations, assemblies and awareness initiatives such as Mental Health Week. Progress and success is celebrated in a wide variety of ways and is bespoke to pupils' needs. Photographic evidence is recorded on pupils Learning Journeys through Evisense and accreditation documents for EQUALS and Agored Cymru. Also shared photographic evidence is shown on Ysgol Maes Y Coed social media sites and Class Dojo.

Our health and wellbeing provision will provide pupils with learning opportunities to:

1. Know and understand what constitutes a healthy lifestyle.
2. Be aware of safety issues and boundaries.
3. Understand what makes good relationships with others.
4. Have respect for others.
5. Be as independent as possible and be responsible members of the school community.
6. Be positive and active members of Ysgol Maes Y Coed.
7. Develop self-confidence and self-esteem.
8. Make informed choices regarding personal and social issues.
9. Develop good relationships with other members of the school and the wider community.
10. Be able to follow a healthy lifestyle.

Opportunities for a healthy curriculum

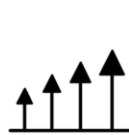
During the time at Ysgol Maes Y Coed learners are able to participate in activities to support a healthy lifestyle such as yoga, mindfulness, art therapy, sensory massage, community walks, Forest Schools outdoor activities, ELSA, Lego therapy, SALT, OT, Relationship based play, Physiotherapy, choir, pet therapy, Zones of Regulation, hydrotherapy and sporting activities.



Learning



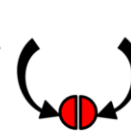
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Ysgol Maes Y Coed has a whole school approach to promoting positive health and wellbeing, that aims to help pupils become more resilient, be happy and successful and can prevent problems before they arise. This encompasses several aspects:

1. We create an ethos, policies and behaviours that support health and wellbeing and a resilience that everyone understands.
2. We help learners to develop their social relationships, support each other and seek help when they need to.
3. We help learners to be resilient learners.
4. We support our learners with social and emotional skills.
5. We support learners to meet their needs which includes working with specialist services
6. We continuously work with parents and carers to support our pupils and their needs
7. We continuously support and train our staff to develop their skills.



Rights Respecting School

Ysgol Maes y Coed are a Rights Respecting School and are committed to embedding the principles of the United Nations Convention of the Rights of the Child (UNCRC) across all areas of our work. The 'Rights Respecting School' Award helps our pupils become more confident, caring and as independent as possible both in school and within the

wider community. By learning about their rights our pupils, your children, also learn about the importance of respecting the rights of others, that is, their responsibilities. The Articles below are focused on throughout our school.

Article 28 I have a right to an Education

Article 31 I have the right to relax and play

Article 19 I have the right to be protected from being hurt or badly treated

Article 12 I have the right to be listened to, and taken seriously

Article 4 The government should make sure my rights are respected

Article 29 I have a right to education which develops my personality and abilities and encourages me to respect other peoples rights and values and respect the environment



Learner voice

Learner voice is well established and is an integral part of Ysgol Maes Y Coed. Our ethos is learner focused and we are constantly striving to ensure that our provision meets our pupils expectations and needs. Our learner voice is the driving force behind the school's curriculum planning.

We work together with our regular Eco and School Council representative meetings, and are always open to any suggestions on ways to improve and support our learners experiences.

Learners are included in their Person Centered Reviews with some attending their meeting, or with information gathered beforehand to represent the individual at the meeting, depending on each pupil.

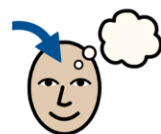


Healthy Schools

Ysgol Maes Y Coed is a Healthy School and we take responsibility for maintaining and promoting the health and wellbeing of the our Maes Y Coed family which includes our pupils, parents/carers, staff and governors. This includes teaching pupils about how to lead healthy lives and enabling both pupils and staff to take control over aspects of the school environment which influence their health.

Through planned experiences learners will develop gross and fine motor skills. They will learn about how diet and exercise are linked to a healthy mind and body. Through practical sessions learners will be encouraged to try new foods and develop healthy habits. Learners will have opportunities to experience and take part in individual and team games to build on physical and mental wellbeing.

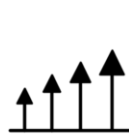
An initiative which is run currently for our families is the recent purchase of a slow cooker for each family and then providing a healthy affordable menu and instruction video set by our Family Engagement Team.



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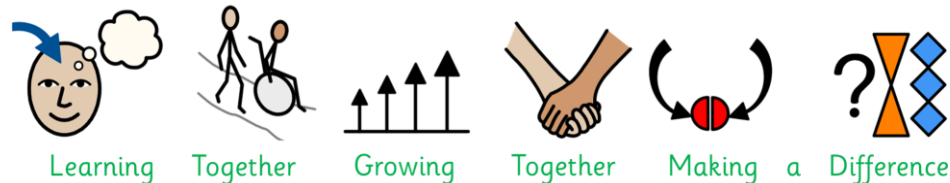
School Nurse

At Ysgol Maes Y Coed we have a full time on site nurse and recently appointed a part time nurse. The role of the school nurse is vital in the running at our school as some of our learners have complex medical needs that need to be monitored and supported throughout the day. The school nurse also facilitates monthly paediatrician review clinics held on site, regular CAMHS clinics and Multi disciplinary team (MDT) meetings again held at Ysgol Maes Y Coed. There are annual vaccination clinics for pupils and the community dentist visits which are arranged through the school nurse. The school nurse ensures that staff training is up to date with any medical needs such as feeding, epilepsy and suction to meet pupils needs. In addition to this there is a team of staff first aiders throughout the school and satellite provision.

Well being team at Ysgol Maes Y Coed

The Whole School Approach to Emotional and Mental Wellbeing Self Assessment Tool, this is from the Welsh Government statutory framework on 'embedding a whole school approach'. The process of completing the tool and discussions that the school has, involving all parts of the school community, is the most valuable part of the process. The assessment tool is currently being completed in stages with staff, pupils, parents and governors. From the findings of the questionnaires and discussions with the Wellbeing team representatives and head teacher, priorities will then be agreed and set for school and a plan of how to achieve these priorities.

There is currently a Well being team set up at Ysgol Maes Y Coed made up of a selection of individuals who have different roles within the school. This includes a member of SLT, Teacher Healthy Schools, Teacher RSE, Parent Governor, Eco/School Council representative, Teaching Assistant Governor, Teaching Assistant PTFA representative, Parental Engagement staff and School Nurse. All information is fed back to Deputy and Head teacher of Ysgol Maes Y Coed, through regular meetings.





Initiatives for Health and Wellbeing

Investors in Families (IFF) Award 2021 and Lockdown Award

Rights Respecting Award

Parental Engagement coffee mornings

Behaviour Support

Healthy Schools

Funding for learners for Christmas, Easter etc..

Slow cooker initiative

Food share

Food bank referral and collections

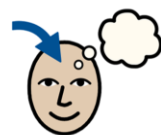
Policy drafted: February 2023

Agreed by staff:

Agreed by Governors:

Review date: September 2023

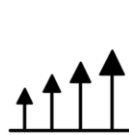
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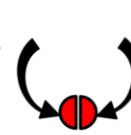
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